PINEAPPLE DATE TART. (Cont'd).

Filling.
1 Pineapple (small)
½ lb. Dates.
Lemon Juice (½ Lemon)

Line a deep tart plate with pastry. Chop up the dates finely and shred the pineapple. Place together in a saucepan with the lemon juice and cook for 10 minutes. Place in the uncooked pastry case and decorate with a lattice of thin pastry strips - glaze and cook in moderate oven 400 degs. for 12 - 18 minutes. Serve hot with cream or boiled custard or serve cold with ice cream.

CARAMEL MERINGUE.

Pastry.
3 ozs Butter
1½ tabs. Sugar
1 Egg.
1 large cup Flour
1 teas. Baking Powder
Pinch Salt.

Cream butter and sugar, add egg and beat well, add sifted flour, baking powder and salt. Roll out on greased paper about ¼" thick and bake 10 to 15 minutes at 375 degs.

Filling.
1 tabs. Butter
¾ cup Brown Sugar
2 Egg Yolks
1½ tabs. Flour.
½ tin Sweetened Condensed Milk
1 tab. Golden Syrup
1 teas. Vanilla

Put condensed milk into saucepan with butter, golden syrup, sugar, egg yolks and vanilla. Warm this mixture then add the flour. Pour over the biscuit mixture. Cover with meringue, made with 2 egg whites beaten stiffly and then the addition of 4 tabs. sugar Bake about 40 minutes at 350 degs. Cut while hot.

HINT ... For burnt saucepans, put a mixture of 1 teas. soda and a little vinegar and a cup of hot water, bring to boil, burnt particles will come off easily.

LEMON MARSHMALLOW SLICE.

Biscuit Mixture.

4 oz Butter.
4 oz Sugar
1 Egg
8 ozs S. R. Flour
½ teas. Vanilla

Cream butter and sugar and add vanilla. Add egg and beat well. Work in sifted flour. Press mixture evenly over base of greased slab tin and bake in mod. oven until brown.

Lemon Filling.

2 cups Water
1½ cups Sugar
1 oz Butter
Juice of 2 Lemons
1 oz Custard Powder
1 oz Cornflour

Place sugar, water and juice of lemons on to boil and thicken with cornflour and custard powder, blended with a little cold water, stir in butter. Pour over cooled biscuit.

Marshmallow.

1 cup Sugar
1 cup Water
2 dess. Gelatine
Pinch Cream of Tartar

Put water, sugar and gelatine on to boil. Add pinch cream of tartar, and simmer for 8 minutes. Remove from heat, allow to cool and when beginning to thicken, beat until thick and fluffy. Pour over lemon filling and allow to set. Sprinkle with cocoanut and cut into small slices.

RASPBERRY SLICE.

½ cup Butter
1 cup Flour
1 Egg
1 tabs. Milk

Mix as for pastry and spread thinly in pan. Spread mixture with raspberry jam.

Topping.

2 Eggs
2 cups Cocoanut.
1 cup Sugar
1 tabs. Butter
1 teas. Vanilla.

Mix to-gether & place on top of mixture. Cook in moderate oven, until brown.

PASSION FRUIT SLICE.

¼ cup Margarino
½ cup Sugar
1½ cups S. R. Flour
1 well beaten Egg

Beat margarine and sugar, add egg and then flour, grease tin and spread mixture in bottom. Cook in moderate oven, 30 minutes.

Filling.
1½ cups Water
1 cup Sugar
Juice of ½ Lemon
2 tabs. Custard Powder
4 or 5 Passion Fruit

Bring to boil water and sugar, add blended Custard powder, when thick boil a few minutes, stirring all the time. When cool add passion fruit and lemon juice. Pour mixture onto cake pastry, and allow to set. Then cream ½ tin condensed milk and juice of 2 lemons. Beat 5 minutes, then spread on top of filling and sprinkle with cocoanut.

CARAMEL FINGERS.

1 cup S. R. Flour
1 cup Cocoanut
½ cup Brown Sugar
¼ lb Margarine

Place all dry ingredients in bowl, melt margarine and pour over ingredients. Press into swiss roll tin. Bake in moderate oven 15 - 20 minutes.

Icing.

1 cup Brown Sugar
2 tabs. Milk
1 tabs. Butter
1 tabs. Condensed Milk

Place brown sugar, milk and butter in saucepan. Stir till butter melts. Boil 5 - 7 minutes. Remove from stove. Add condensed milk. Stir till thick, then pour over slice.

A SMART GIRL ... is one who can hold a man at arm's length without losing her grip on him.

CHOCOLATE SAUCE PUDDING.

1 cup S.R. Flour
Vanilla
1 dess. Cocoa
½ cup Milk
1 tabs Shortening
½ cup Castor Sugar
1 Egg
½ teas. Salt

Cream shortening and sugar, add egg. Fold in sifted dry ingredients alternately with milk. Pour into greased basin. Then mix ½ cup white sugar and 1 dess. cocoa, and sprinkle over the mixture. Lastly all over, pour 1½ cups hot water. Cover basin and steam for 1-1½ hours. A rich chocolate sauce will form under the sponge mixture, and when serving, place on a large deep serving dish.

APPLE SPONGE PUDDING.

2 lbs. Apples
¾ cup Sugar
strip lemon rind
½ gill Water
4 Cloves
6 ozs. S.R. Flour
2 ozs. Butter
¾ cup Milk
2 ozs. Sugar
1 Egg Pinch Salt

Peel, core and stew apples with sugar, water, lemon rind and cloves. Rub butter into sifted flour, add salt. Beat egg and add with sugar. Add milk and mix to fairly stiff cake batter. Put stewed apples in large pie dish. Pour the sponge mixture on top while still hot and bake 35 mins. in a mod. oven. Serve with custard.

JIFFY CARAMEL SAUCE.

½ lb. Caramels
1½ cups Milk
Vanilla

Place ingredients in top of a double boiler. Simmer and stir till dissolved. If too thick when cooled, more milk may be added.

FRUITY CRUST-LEMON SNOW.

Fruit Crust.

½ cup chopped seeded Raisins
2 ozs. Butter or Margarine
½ teas. Mixed Spice
¼ cup Water
1 cup chopped Dates
2 cups crushed Biscuits
½ cup chopped Walnuts

Lemon Snow Filling.

Grated Rind and juice of 1 Lemon
2 tabs. Arrowroot
½ cup sugar
½ pt. Water
1 Egg

Put raisins, dates and spice in saucepan with water and stir over low heat until mixture is soft and thick. Add butter and stir until melted. Lastly fold in biscuit crumbs and nuts and mix well. Press into tart plate, allow to set. Prepare filling. Heat lemon rind, water and sugar in saucepan, add arrowroot blended with lemon juice. Stir until mixture boils and thickens. Remove from heat. Add egg yolk, allow to cool. Fold in stiffly beaten egg white and fill fruit case. Chill until set. Serve with cream or ice-cream.
NOTE.....2 cups Corn Flakes crumbs and ¼ cup of coconut can be used instead of biscuit crumbs.

ORANGE CUSTARD DELIGHT.

very good

Custard. Melt 1½ozs. butter in saucepan, add 1 oz. flour and beat smooth.Cook 2 mins. Add ½ pt. milk, stir till boiling. Beat and add 2 egg yolks. Return to stove, add 1 oz. sugar and cook for 1 min. stirring continuously.
Orange Delight. Peel 4 lge. oranges, slice thinly. Place a layer in a pie dish and sprinkle lightly with sugar and coconut. Cover with portion of custard. Repeat these 2 layers, then cover with a meringue made from the 2 egg whites left over. Place in oven and brown meringue lightly.
This is a delightful change.

BAKED LEMON PUDDING.

1 tabs. Butter
2 tabs. Plain Flour
1 cup Milk
¾ cup Sugar
2 Eggs
1 Lemon (juice and rind)

Cream butter and sugar. Add flour, juice and rind of lemon. Add yolks and milk. Lastly whites of eggs, stiffly beaten. Pour into greased pie dish. Bake slowly 1 hour.

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ORANGE JAM.

2 Oranges
1 Lemon
5 cups of Water
5 cups of Sugar

Cut fruit up very thinly and add to the water, stand over night. Next day boil for 20 minutes with the lid on the saucepan. The following day add sugar and boil ¾ hour quickly until jellies.

FOUR FRUIT JAM.

1 Orange
1 Lemon
1 Grapefruit
1 Granny Apple
10 cups Water
10 cups Sugar

Cut orange, lemon and apple into thin slices, cover with the 10 cups water and let stand overnight. Cut grapefruit finely into a small basin cover with water and also let stand over night. In the morning, drain water from grapefruit, add the fruit to the other fruit and water and boil quickly until tender, then add the sugar - which has been warmed - and boil quickly until it jells. Bottle while hot.

BLACKBERRY JAM.

4lbs Blackberries
3lbs Sugar
2 small teas. citric acid.
2ozs water (or according to ripeness of fruit)

Cook fruit till just done with citric acid, then add sugar and cook briskly. Bottle and cover hot or cold.

GOLDEN SHRED MARMALADE JAM.

6 Oranges
5 Pints Water
3 Lemons
4 lbs Sugar

Pare off rind of oranges with shredder, then cut both oranges and lemons in half and squeeze out juice. Put in preserving pan with the water and roughly cut skin of fruit, also shreds (in bag) and boil 1½ hrs. Remove shreds and rinse in cold water, then strain all through a Jelly bag, and add warm sugar. Stir until dissolved, and boil till it jellies. Stir in shreds and boil 1 minute longer. Do not bottle till slightly cool.

APRICOT & PASSIONFRUIT JAM.

1 lbs Dried Apricots
3 lbs Sugar
1 tin Passionfruit pulp
3 pints Cold Water

Cut apricots in four, cover with 3 pints water and let stand overnight. Add sugar and passionfruit pulp and cook till thick, approx. 2 hours.

MELON, LEMON & GINGER JAM.

Half Pie Melon
6 Lemons
1 lb Green Ginger (whole), or
½ lb Root Ginger

Bruise ginger well with hammer and tie it together with powder it makes, in a little muslin (if root ginger used). Peel lemon thinly, cut off all white pulp. Cut lemon and clip skin with scissors, add 1 pint water, soak overnight. Cook fruit well and then gradually add all sugar. Boil quickly, and keep testing.

YEAST BUNS.

Yeast.
The yeast is obtainable from your Baker. 1 oz.

Dough.

3¾ cups Plain Flour	3 ozs Butter or Margarine
3 Eggs	1 cup Warm Milk
1 teas. Salt	½ cup Sugar

Mix yeast with warm milk, and 1 teas. each of flour and sugar. Let stand in warm place for 15 minutes. Rub soft butter into flour, beat eggs and add to yeast mix. Pour yeast mixture into flour and mix. Leave to rise till double, in warm place, and then knead. Allow to rest in greased dish for 15 minutes.

CHELSEA BUNS.
Use above dough. Roll out to oblong. Spread with soft butter, sugar and currants. Roll up, cut with scissors. Leave on tray in warm, to rise, about 20 to 30 minutes. Cook in hot oven, for 10 minutes.

RAISIN RING.
Use above dough. Roll out to oblong. Spread with soft butter, sugar and raisins. Roll up, form into ring. With scissors make cut 2/3rds. way through the ring, at 1" intervals, turn each section on its side, and let it rise, in a warm place for 20 to 30 minutes. Cook in moderately hot oven 450 degrees, for 20 to 30 minutes.

MRS. SHAW'S GINGER BREADS.

½ lb Butter	1 oz Ground Ginger
½ lb Sugar	1 teas. Carb. Soda
½ lb Treacle	1 lb Plain Flour
4 Eggs	1 teas. Allspice
Few Sultanas.	

Melt together butter, sugar, treacle, stirring to prevent burning. Beat eggs and add melted butter, etc. Add ginger and carb. soda. Stir in flour till very smooth. Add sultanas and if desired the allspice. Put in buttered tins and bake in moderate to cool oven, ¾ to 1 hour. (Makes 2 loaf shaped cakes).

MORNING TEA SPECIAL, WITH CRISP SIDES.

½ cup Soft Butter
2 Eggs, separated
¾ cup Sugar
2/3rds. cup Milk
1½ cups S. R. Flour
1 teas. Cinnamon
½ teas. Salt
A few Corn Flakes

Sift together flour, salt and cinnamon. Cream butter and sugar, add egg yolks. Stir in sifted dry ingredients, add milk stirring only until combined. Beat egg whites until stiff, but not dry. Fold into batter. Grease 8" or 9" cake tin liberally with butter and sprinkle well with Corn Flake crumbs. Spread batter evenly in tin. Bake in moderate oven, about 45 minutes, after topping has been placed on top of the batter.

Topping:

1 tabs. Butter
¼ cup Sugar
½ cup Corn Flake Crumbs
½ teas. Cinnamon

Melt butter and add to the dry ingredients, stir well, and sprinkle over batter. When loaf is cooked, cut into wedges and serve warm.

PUMPKIN LOAF.

½ cup Sugar
1 Egg
½ cup Sultanas
Some Milk
1 large tabs. Margarine
¾ cup cold mashed pumpkin
1½ cups S. R. Flour

Beat margarine and sugar well, add egg and beat, then pumpkin, beat well. Add flour alternately with the milk, until you have a thick cake mixture, add sultanas. Bake about 1 hour in a loaf tin. Lovely sliced and buttered for lunches.

THE SIX BEST DOCTORS.

The six best doctors anywhere -
And no one can deny it -
Are Doctors SUNSHINE, WATER, AIR, REST, EXERCISE
AND DIET ! Good
These six will gladly, you attend,
If you are only willing,
Your mind they'll clear, your ill they'll mend,
And charge you not a shilling!

FAT RASCALS.

1 ½ cups Butter
¼ cup Sugar
1 lb Dried Currants
1 teas. Salt
4 cups Plain Flour
4 teas. Baking Powder
1 cup Milk (approx)

Mix sifted flour, sugar, salt, baking powder. Cut in butter. Stir in currants, add milk gradually mixing with fork until, soft dough forms. Roll out about ½" thick, on lightly floured board. Cut with 2 " round cutter. Bake on ungreased trays in hot oven, 12 to 15 minutes. Split and butter, serve them hot, the family will ask for more. Makes about 3 dozen.

COCONUT BREAD.

X

1 cup S. R. Flour
1 dess. Cinnamon
1 dess. Butter
¾ cup Sugar
¾ cup Coconut
1 Egg in cup & filled with milk

Sift flour with cinnamon, rub in butter add sugar and coconut. Beat egg and place in cup, fill cup with milk, mix in well with dry ingredients. This mixture is very moist and takes about ½ hour to ¾ hour to cook, in a loaf tin. Cook in a moderate oven.

POTATO SCONES.

1 cup S. R. Flour
1 Egg (beaten)
2 tabs. Minced Parsley
1½ cups cold Mashed Potato
1 teas. Grated Onion
1 teas. Worchestershire Sauce

Mix together all ingredients, add beaten egg, adding milk if too stiff. Roll out 3/8ths inch thick on a floured cloth. Cut into rounds with floured 3 inch cutter. Saute in butter until golden brown. Turn. Delicious served with casserole or gravy dishes.

HOUSEHOLD HINTS. ... To prevent jam going mouldy add a dessertspoon of vinegar to the mixture as it boils.

Meat " that is as tough as old Harry", steak and kidney, beef stew, corned beef and poultry, tenderise with ½ teaspoon Cream of Tartar.

FRIED RICE

3 cups boiled Rice
1 lge. Onion
1 to 3 Eggs
4 slices Bacon
2 or more Shallots
1 oz. Lard

Additions can be any meat left overs, cooked fish chicken, ham or prawn pieces, chopped green peppers, celery, parsley, pepper or soya sauce (optional).

Brown first

Boil 1 cup uncooked rice. Allow to cool and dry. Cold dry rice frics well. Heat lard in deep pan. Add beaten eggs and fry till set. Take out, chop finely. Fry dices bacon lightly with chopped onion until glazed. Add remaining lard, then rice and fry quickly. Then add chopped prawns, ham, eggs, salt, and pepper, fry few minutes. Add shallots, fry few minutes. Serve hot with soya sauce.

STUFFED TOMATOES.

4 firm Tomatoes
2 hard boiled Eggs
½ cup chopped Celery
Salt, Pepper
1 med. sized tin crab meat
½ cup Mayonnaise
1 teas. Worcestershire Sauce
Parsley

Cut top off tomato and remove pulp without breaking skin. Prepare stuffing by mixing together the crab, chopped eggs, celery, sauce and mayonnaise. Season with salt and pepper. Fill each tomato cup with this mixture. Bake in electric frypan at 300 degs.F. for 15-20 mins. Serve garnished with parsley.

BAKE

MOCK CHICKEN SPREAD.

Cut 1 small onion to pieces, simmer in butter till tender, add tomatoes (2 small), 1 tabs. grated cheese ¼ teas. mixed herbs, salt. Beat 1 large egg, add to mixture. Stir until thick

SPRING ROLLS.

½ lb. minced Pork, Beef or Chicken
½ lb. Flour
1 lb. Lard or Oil
½ lb. Beans, Sprouts, Onions, Celery and Carrot
Clove of Garlic or slice of fresh Ginger
1 des. Soy Sauce
Salt and Pepper

Wash and cut vegetables into fine strips. Fry in small amount of oil or lard 3 mins. Add meat and fry together quickly on high heat 5 mins. adding soy sauce, salt and pepper. When cooked leave to cool at least ½ hour.
Make a mixture with flour and ¾ pt. water. Heat 6" fry pan on very low heat, wipe surface evenly with oil. Pour 1 tabs. of mixture into pan and let run evenly over whole pan until dry. Turn onto flat plate. About 18 pastry rounds.
Heap cooked meat and vegetables oblong-wise in centre of rounds, fold up both ends first, then the sides, close the edges with a little water. After making all the rolls, deep fry in the oil or lard.

BA X

MOCK DUCK.

(Sandwich Filling)

Melt a small nob of butter in a saucepan and add a finely chopped onion(small). Cook a few minutes till onion is soft. Add a finely chopped small tomato and a sprinkling of mixed herbs and salt. Beat 2 eggs with a fork and stir this into the mixture in the saucepan. Stir till thickens. This can be kept in jars in the refrigerator for days.

FOOD..... wealthy people don't get enough roughage in their food and poor people don't get enough food in their roughage.
HASH..... enthusiastic food- the cook puts all she has into it.

CHICKEN SURPRISE.

1 Rabbit or 1½lb. Veal Steak
1 pkt. Chicken Noodle Soup
1 cup uncooked Rice or sw eet Corn
4 cups Water
1 lge Onion
3 med. Tomatoes
3 Bacon Rashers
1 cup Celery or Carrots

Disjoint rabbit and soak in cold salted water for one hour. If using veal steak cut in 1½" cubes. Make chicken soup according to directions on packet. Place the rabbit or veal steak into saucepan with the soup and simmer for 1-1½ hours until meat is tender. Remove rabbit from saucepan and when cool remove flesh from bones, cutting into bite size pieces. Reserve the soup. Grease a casserole dish and place half the ingredients into the dish in layers- rice or corn, bacon (chopped) tomatoes (sliced), rabbit or veal, celery or carrot and onion. Repeat these layers but arranging tomatoes on top. Pour remaining soup over all ingredients, sprinkle with salt and pepper. Cover and bake in a mod. oven for 1½ hrs.

RICE BREAKFAST OMELETTE.

2 Eggs
¼ cup Milk
Salt and Pepper
1 tabs. melted Butter Sauce
½ cup cold boiled Rice
Parsley or Shallots (chopped)

Beat yolks and whites separately, add yolks to milk, rice butter and seasoning, then whites. Fold lightly, cook over slow heat. Sprinkle salt and when set fold over, serve with sauce, shallots or parsley.

.....Egg yolks may be kept from one day to another by putting carefully into a cup and pouring over them a little cold water.

CHINESE TUNA AND ALMONDS.

3 tabs. split Almonds
2 tabs. diced Celery
1 tabs. fine chopped Green Ginger
2 tabs. Soyal Sauce
3 desps. Dry Sherry
2 ozs. Butter
Salt
2 lge. white Onions
2 tabs. diced Capsicum
3 desps. Cornflour
¼ cups Water or Stock
14 ozs. Tuna (tinned or frozen)
Boiled Rice
Pepper

Blanch almonds and split in halves. Melt butter in Sunbeam and heat to 380 degs. Brown almonds in butter and remove. Place prepared vegetables and ginger into pan at 340 degs. then cook until almost tender. Do not brown or overcook. Reduce temp. to 220 degs. - 260 degs. Add blended cornflour and water or stock. Stir until thick. Add soya sauce (vary to taste). Flake tuna and add to sauce. Season with salt and pepper. Cook 3 mins. Add almonds and sherry. Serve over fluffy boiled rice.
NOTE Cooked chopped chicken may be used instead of tuna, or ginger in syrup instead of green ginger.

FISH GATEAU. lunch dish

½ lb. cooked cold Fish
1 Onion
½ oz. Dripping
a little Parsley (chopped)
2 ozs. Breadcrumbs
1 Egg
½ gill Milk

Grease a shallow cake and line thickly with breadcrumbs, mince onion, melt fat in pan, warm onion and parsley in pan. Add fish flakes with crumbs, remove pan from stove add milk and beaten egg. Pour mixture into cake tin and bake ½ hour in mod. oven. Turn out on plate and serve with tomato sauce.

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MEAT LOAF.

1½lb. Minced Steak
3 Bacon Rashers (chopped)
¼ cup Onion (chopped)
T teaspoon salt
¾ cup rolled oats
2 beaten Eggs
1 cup tomato juice
good pinch pepper

Combine all ingredients thoroughly. Pack firmly into a loaf tin and bake in a moderate oven for 1 hour. Let stand 5 mins. before serving. Serve with gravy, tomato sauce, or mushroom sauce. Its delicious cold too with lettuce and tomatoes.

SWISS STEAK.

1½ lbs. Beef
1 cup Tomato Juice
1 turnip
1 third cup Flour
⅛ teas. Pepper
1 Carrot
2 medium Onions
2 tabs. Fat
2 Parsnips
2 sticks Celery
1 teas. Salt
½ cup Water

Use round, chuck or shoulder beef cut 1" thick. Dredge with mixture of flour, salt and pepper, and pound into steak with wooden potato masher or meat pounder. Brown in hot fat in electric frypan. Add onion, diced vegetables, water and tomato juice. Cover with lid and cook till tender, about 1½ hours. Heat 300 degs.

MALTESE LIVER.

Take 1 lamb's fry, cut into 1" cubes, roll in flour; fry in olive oil. When cooked add pepper and salt to taste and one tablespoon of plain flour. Pour onto this sufficient vinegar to make gravy. Chop 4 chillies, simmer for a few minutes. This will keep a week if refrigerated.

PRAWN AND TUNA FISH CURRY.

1 level tabs. Butter
1 level tabs. Flour
1½ teas. Curry Powder
1 7oz. tin Tuna Fish
2 tabs. chopped Parsley
1 Onion
2 cups Milk
¼ cup Sherry
1 teas. sugar
1 cup Prawns, Lobster or Crab
Salt and Pepper

Rice - boil as vegetable and serve.

Melt butter in saucepan - add flour, curry powder and seasonings. Mix to smooth paste - add milk. Return to stove and stir continuously till mixture thickens and comes to boil. Add sherry, onion and sugar. Tuna fish and whole prawns - allow to simmer gently for 20 mins. - serve with boiled rice. Garnish with lemon and parsley.

SAVOURY BAKED EGGS.

1 lb. Potatoes
1 tabs. finely chopped onion
Pepper and Salt
4 ozs. Grated Cheese
Golden Crumbs
4 Eggs
Butter

Cook potatoes until tender, drain well and beat in a walnut size piece of butter and seasoning to taste. Put mixture into an icing bag with a large nozzle and pipe neatly into individual baking dishes. Leave a deep hollow in middle of lined dishes. Sprinkle edges with crumbs.
Fry the chopped onions in a little butter until golden. Divide between dishes adding a covering of grated cheese. Break an egg into each dish and place in a fairly hot oven until eggs are just set- about 20 mins. If liked a little grated cheese can be sprinkled over eggs before baking.

PASSIONFRUIT BUTTER. his cake top

Take 6 lge passionfruit, 2 eggs, 1 tabs. butter and 1 lge cup sugar.
Blend all ingredients together with a wooden spoon in a crockery basin or jug and place in a saucepan of boiling water. Cook half an hour or longer till thick. Stir occasionally. Seal down in jars. This is lovely and keeps for months if necessary.

CARAMEL CUSTARD.

1 cup brown Sugar
2 Egg yolks
1 dest. Butter
2 cups Milk
2 tabs. plain Flour

Mix flour and sugar, gradually add beaten egg, milk and butter. Bring to boil and put in greased pie dish, beat whites of eggs and pile on top of mixture and bake until it browns.

QUEEN'S BREAD (HONEYCOMB) TOFFEE.

Put 2 lge. cups sugar, 1 cup of water and 1 tabs. vinegar into a saucepan. Boil for full 15 mins. or until syrup is a golden color. Remove frrm fire and add 1 teas. bi-carb-of-soda and 2 teas. of cream of tartar. Stir well and pour into deep greased dish. This mixture expands.

RICH CHOCOLATE SAUCE.

(To serve with Ice Cream)

Combine in a saucepan 4 level tabs. cocoa, 1 cup sugar, 2 level tabs. golden syrup, 1 tabs. butter, ½ cup water, 1 teas. butter.

Stir over fire till boiling. Cook 3 mins. stirring well.